









HEPATITIS

Hepatitis is the inflammation of the liver

Causes: Hepatitis virus (most common), toxic substances, autoimmune disease


English Version

Signs and Symptoms:

							
Fever	Joint pain	Loss of appetite	Jaundice	Nausea and vomiting	Gray-colored stools	Fatigue	Abdominal Pain




Mode of Transmission for Hepatitis:



HEPATITIS A E



Caused by ingestion of contaminated food and water

Hepatitis B C D G








-  Spread through infected blood or body fluids
-  tattooed or pierced with unsterilized equipment
-  sexual contact with infected person

-  sharing of contaminated needles, syringes or other injection drug equipment, needle sticks
-  mother to infant transmission

Types of Hepatitis:

- A** • Almost everyone recovers fully.
- B** • It is a serious disease that harms the liver
• It can be acute to chronic infections, and has high risk of death from cirrhosis and liver cancer.
- C** • It can be acute to chronic infections with no vaccine
• It can lead to lifelong illness
• It can develop cirrhosis or liver cancer
- D** • Infections which occur to those who was infected with HBV.
• Dual infection of HBV and HDV can lead to more serious illness
• Vaccine of HBV provides protection for HDV infection.
- E** • It is an acute infection.
• It is a common cause of hepatitis outbreaks in developing countries.
• Vaccine have been developed but not widely available
- G** • It's uncommon in Hong Kong.
• No vaccine is available

Prevention of Hepatitis

-  Get vaccinated - for Hepatitis A and B
-  Clean and wash foods thoroughly.
-  Wash hands regularly and properly.
-  Wear gloves when handling blood and body fluids
-  Practice safe sex. Use condom.
-  Clean and dress wound adequately.
-  Do not share toothbrush, razor or nail clippers.

ZIKA Virus Infection

It is a mosquito- born disease caused by Zika Virus.



At present, the most effective preventive measures are the control of mosquito population and prevention of mosquito bites in at-risk individuals, especially pregnant women.

Tips for prevention of Zika virus infection

-  Remove stagnant water
-  Use insect repellent
-  Wear light-coloured long-sleeved clothing

For those planning to travel:

- Pay attention to the areas with ongoing Zika virus transmission (affected areas)
- Pregnant women and women preparing for pregnancy should consider deferring their trip to affected areas.

